

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Forest Hills, NY

	SUN	MON	TUE	WED	THU	FRI	SAT
08:00 AM ~ 09:10 AM			Body & Brain Yoga (All levels)				
09:00 AM ~ 10:10 AM	Tai Chi and Ki gong	Core Strengthening		Core Strengthening			Body & Brain Yoga (All levels)
10:00 AM ~ 11:10 AM					Tai Chi and Ki gong		
11:00 AM ~ 12:10 PM	Body & Brain Yoga (All levels)	Core Strengthening		Body & Brain Yoga (All levels)			Body & Brain Yoga (All levels)
06:00 PM ~ 07:10 PM		Core Strengthening	Body & Brain Yoga (All levels)	Body & Brain Yoga (All levels)	Tai Chi		
07:40 PM ~ 08:50 PM		Core Strengthening		Body & Brain Yoga (All levels)			